Abstract of the Disclosure

The invention relates to a grinding tool (1) which comprises at least two detachable parts (5, 7) which are connected together. Both parts (5, 7) form a grinding disk-type body comprising a grinding surface which is interrupted on the peripheral area thereof. Said parts (5, 7) can be adjusted in relation to each other by means of an adjusting mechanism and can be fixed in the respective position thereof, such that the grinding disk-type body can be adjusted in relation to the grinding width thereof. Preferably, said adjustment takes place in a continuous manner. The grinding width can be adjusted in an advantageous manner for a variable grinding width which is to be ground and also for a readjusted grinding width which is to be ground in a piercing-grinding method.